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SALT LAKE SHOWDOWN

Jon Huntsman and Mitt Romney compete for Mormon dollars **3**

POPULAR PRANKSTER

'Jackass' daredevil Ryan Dunn is killed in a fiery car crash **34**

DIVE IN

Aquatic experts offer four novel ways to exercise in a pool **18**



FOR EXTENDED FORECAST, SEE PAGE 37

The Supreme Court's decision to block the largest sex-discrimination case in U.S. history spells trouble for bias suits **13**

WAL-MART WINS BIG

EXPRESS ILLUSTRATION



eye openers

LAZY
I CAN HAZ OBVIOUS JOKE

A cat burglar has stolen hundreds of items from homes in San Mateo, Calif., over the past four years. Dusty, a 5-year-old feline, has absconded with gloves, towels, shoes, swimsuits and other items left outside. "It's extreme, but it's absolutely adorable," cat behavior consultant Marilyn Krieger told the San Francisco Chronicle. "I can't say exactly why he's doing it, except it has to do with mixed-up neurotransmitters." (AP/EXPRESS)

HOME & GARDEN
Interior Decorator Loses It,
Embarks on Epic Crime Spree

A burglar who broke into a Des Moines, Iowa, house left spray-painted missives on walls, doors and furniture. The intruder pulled out and turned over drawers, and a computer and flat-screen television were thrown onto a floor. Among the messages: "Got ya" and "U Lose." And one final insult: "Ugly couch." (AP)

NERD JOKE
Dating Site's Firewall
As Insecure as Its User Base

BeautifulPeople.com, the dating service that accepts only applicants its members deem attractive, was attacked by a virus that allowed about 30,000 unattractive (as deemed by site management, that is) people to join. The company has revoked those memberships, the Guardian reports. "We can't just sweep 30,000 ugly people under the carpet," said a spokesman. (EXPRESS)

The Big Picture

JOE JASZEWSKI/ THE IDAHO STATESMAN/AP



HANDS-FREE DINING: Dakota Hunter, 17, eats cherry pie during the 16-to-18-year-old division of the pie-eating contest at the annual Emmett Cherry Festival on Saturday in Emmett, Idaho. (AP)



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The Pursuit of the Mormon Vote

Huntsman's entry into '12 race sets up battle with Romney

Washington

The first showdown between the two Mormons running for president will take place in Utah, where their spiritual forefathers settled on frosty salt flats a century and a half ago and where both Mitt Romney and Jon Huntsman Jr. now lay claim to established political networks.

Each man's favorite-son status will be tested for the first time this week. Huntsman, who will officially launch his campaign Tuesday near the Statue of Liberty, and Romney are holding fundraisers just a few hours and six blocks apart in Salt Lake City on Friday. They and other presidential hopefuls are making a mad dash across the nation vacuuming up campaign cash before the current fundraising quarter ends June 30.

Up for grabs in Utah is one of the Republican Party's fastest-growing donor pools. And both Romney and Huntsman are trying to



J.D. POOLEY/GETTY IMAGES



ELISE AMENDOLA/AP

Fierce Competition

Mormons do not traditionally mix religion and politics. Around election time each year, a letter is read over the pulpit that reminds parishioners of that separation. But the nation's roughly 3 million to 4 million Mormons seem to be energized by the possibility of electing the first Mormon president. In Utah, Mitt Romney is trying to lure back old donors. But he is competing against Jon Huntsman Jr. to sign up bundlers—supporters who help bring in donations from friends and colleagues. (AP)

parlay their special status there—the former as the turnaround artist who saved the 2002 Olympic Winter Games, the latter as a recent governor, and both as scions of wealthy and influential Mormon families—to give themselves a leg up on the other 2012 contenders.

“There’s a pioneer spirit of frugality in Utah when it comes to politics,” said Stan Lockhart, a former chairman of the Utah Republican Party. “There’s never been a history in this state of people giving money to those who run for president. And Mitt Romney changed the game when he raised all the

money he did in 2008.”

Already, the competition is intense. Several Utah Republicans said Romney has won over many of the community’s biggest donors. But at least a half-dozen prominent business leaders who gave to Romney in 2008, including Zions Bank Chairman A. Scott Anderson, are hosting a fundraiser on Friday for Huntsman. Each is giving his campaign \$2,500, according to an invitation obtained by The Post.

“That community is going to be split, there’s no doubt about it,” said John Weaver, Huntsman’s chief strategist. (THE WASHINGTON POST)

In Brief

ALBANY, N.Y.

N.Y. Senate Stuck on Gay Marriage as Rallies Grow

Hundreds of protesters for and against gay marriage in New York chanted, sang and sought out TV cameras Monday while the state Senate again came to no resolution on the issue in a closed-door session that barely touched on the nationally divisive topic. (AP)

DAYTON, OHIO

Woman: Bomb-on-Plane Message Sent From God

A woman who told an Ohio airport worker about a bomb, which ended up halting flights at Washington Reagan National Airport, said she had received a message from God. No explosives were found Sunday. The woman is at a mental health facility. (AP)

ORLANDO, FLA.

Anthony Trial Recesses After Attorneys' Dispute

Fed up with the constant bickering and legal posturing, the judge in the Casey Anthony murder trial scolded prosecutors and defense attorneys Monday, warning them they may face punishment when the trial concludes. Then, the judge abruptly canceled proceedings for the day to give both sides time to work out their differences. Anthony, 25, is accused of killing her 2-year-old daughter in 2008. She has pleaded not guilty. (AP)



Seeds of Change: Many of the millions of people who turned to gardening to save money during the recession appear to be sticking with it during the recovery as food prices remain high and interest in safe, fresh and local food grows nationwide. Forty-three million American households planned to grow at least some of their own food in 2009, a 19 percent increase from the estimated 36 million who did in 2008, said the National Gardening Association. (AP)



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Nation

Obama Nears War Plan

Afghanistan troop withdrawal decision expected this week

Washington

President Obama will announce the critical next steps in America's decade-long war in Afghanistan on Wednesday, outlining both a plan to start bringing thousands of U.S. troops home next month and a broader withdrawal blueprint aimed at giving Afghans control of their own security in 2014.

But even as Obama finalizes those plans, there are deep divisions in his administration, with military leaders favoring only a gradual reduction in troops but other advisers advocating a significant decrease in the coming months.

Administration officials say Obama is still working through the details of how many troops will



TED ALJIBE/AFP/GETTY IMAGES

President Obama has said the July Afghan withdrawal will be significant.

start leaving Afghanistan in July, his self-imposed deadline for beginning the drawdown. He is considering a range of options presented to him last week by Gen. David Petraeus, the top U.S. and NATO commander in Afghanistan.

While much of the attention is

focused on how many troops will leave Afghanistan next month, the more telling aspects of Obama's decision center on what happens after July, particularly how long the president plans to keep the 30,000 surge forces he sent in 2009.

There is a growing belief that the president must at least map out the initial withdrawal of the surge troops when he addresses the public. But whether those forces should come out over the next eight to 12 months or slowly trickle out over a longer time is hotly debated.

Military commanders want to keep as many of those forces in Afghanistan for as long as possible, arguing that too fast a withdrawal could undermine the fragile security gains in the fight against the Taliban insurgency. But other advisers are backing a more significant withdrawal that starts in July and proceeds steadily through the following months. JULIE PACE (AP)

209 The number of child deaths caused by drowning in portable pools between 2001 and 2009, according to the journal Pediatrics on Monday. The study said 81 percent of the accidents happened during summer months. (AP)

Women: Is Your Drinking Causing Problems?
Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

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Nation

Study: Doctors Over-Test For Cervical Cancer Virus

Washington

Too many doctors are testing the wrong women, or using the wrong test, for a virus that causes cervical cancer.

The days of one-size-fits-all screening for cervical cancer are long gone. How often to get a Pap smear — and whether to be tested for the cancer-causing HPV virus — now depend on your age and other circumstances.

But a government study reports Monday that a surprising number of doctors and clinics aren't following national guidelines on how to perform HPV checks, suggesting a lot of women are getting unnecessary tests.

That wastes money and could harm women who wind up getting extra medical care they didn't need, says Dr. Mona Saraiya of the Centers for Disease Control and Prevention, who led the research.

The findings, reported in the journal *Obstetrics & Gynecology*, show women have to be savvy to ensure they're getting the right

Testing Advice

Guidelines from the American College of Obstetricians and Gynecologists include:

- ▶ Start regular Pap smears at 21.
- ▶ Most women in their 20s should get a Pap smear every two years.
- ▶ If a Pap smear is inconclusive at any age, HPV testing may help rule out who needs further examination.
- ▶ Anyone who's been vaccinated against HPV still must follow guidelines for her age group.

checkups. The study found 60 percent of doctors and clinics say they give a routine Pap-plus-HPV test to women who are too young for that combination. National guidelines stress that co-testing is only for women 30 and older. If both tests are negative, they can wait three years before the next screening.

Cervical cancer grows so slowly that Pap smears usually find it in time to treat it, or even to prevent it when precancerous cells are spotted and removed. (AP)

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World

'Whole New Phase' Ahead Online

Internet gatekeepers OK sprawling plan for domain names

Singapore

A quarter-century after the creation of ".com," the agency that assigns Internet addresses is loosening its rules and allowing suffixes named after brands, hobbies, political causes and just about anything else.

Under guidelines approved Monday, Apple could register addresses ending in ".ipad"; Citi and Chase could share ".bank"; and environmental groups could go after ".eco." Japan could have ".com" in Japanese.

It's the biggest change to the system of Internet addresses since it was created in 1984.

"This is the start of a whole new phase for the Internet," said Peter

The Company Behind the Online Curtain



The Internet Corporation for Assigned Names and Numbers was formed in 1998 to get the U.S. government out of administering Internet addresses. Although ICANN got its authority from the U.S., the group has members from every inhabited continent.

- **The lasting popularity of ".com":** Over 94 million ".com" names exist worldwide, making it by far the most popular top-level domain.
- **What else is out there:** More than 300 suffixes are available today, the bulk of them country-specific codes, such as ".fr" for France.
- **The ".xxx" factor:** In March, ICANN approved ".xxx" for pornography, but some sites have declined to adopt the suffix, fearing it will make it easier for governments to ban them.

No Cheap Grab

The application process for a website suffix is arduous — the fee is \$185,000 and the guidebook is 360 pages — and meant to prevent scammers from grabbing valuable domain names. In addition to the application fee, winners must pay ICANN \$25,000 annually. (AP)

Dengate Thrushchairman of the Internet Corporation for Assigned Names and Numbers, the California nonprofit organization in charge of Internet addresses.

The expansion plan took six years to develop. ICANN was always supposed to expand the number of Web suffixes. But the progress was slow because of con-

cerns that new ones could infringe on trademarks, be obscene or give a platform to hate groups.

Analysts said they expect between 500 and 1,000 new domain names, ranging from companies and products to cities.

Internet addresses, technically known as domain names, tell computers where to find a website or send an email message. Without them, people would have to remember such clunky strings of numbers as "165.1.59.220" instead of "Ap.org."

But the addresses have grown to mean much more. Amazon.com has built its brand on one, and bloggers take pride in running sites with their own domain names.

High-profile entertainment, consumer-goods and financial-services companies will likely be among the first to apply for the new suffixes to protect their brands. (AP)

In Brief

CAIRO

Lawyer: Mubarak May Have Stomach Cancer

Former Egyptian president Hosni Mubarak, 83, may have cancer, his lawyer said Monday, citing "evidence suggesting" Mubarak has stomach cancer. Mubarak, who was ousted on Feb. 11, has been hospitalized since April. He is scheduled to face trial on Aug. 3 over allegations he ordered the killing of protesters. (AP)

SURMAN, LIBYA

Libya: NATO Airstrike On Compound Kills 15

Libya's government said a NATO airstrike west of Tripoli early Monday destroyed a large family compound belonging to a close associate of Moammar Gadhafi, killing at least 15 people, including three children. The alliance said the strike hit a "command and control" center. (AP)

PARACHINAR, PAKISTAN

Drones Kill 12 in Pakistan

Suspected U.S. drones fired missiles at a vehicle and a house in Pakistan, killing 12 people Monday in a rare attack in an area where some of NATO's fiercest enemies have reportedly traveled, Pakistani officials said. (AP)

Police: Militants Dressed Girl, 9, In Bomb Vest

Timergarah, Pakistan

Police said Monday that militants kidnapped a 9-year-old girl on her way to school and forced her to wear a suicide bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed said she was abducted Sunday in Peshawar and taken to Lower Dir district, a four-hour drive away, where she was found Monday. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Militants in the country have often used young boys to carry out attacks, but the use of young girls is rare. (AP)

Aviation Prowess Shines in France



A EUROFIGHTER TYPHOON STREAKS THROUGH THE SKY Monday on the first day of the Paris Air Show. More than 2,100 exhibitors from 45 countries have signed up to participate in the weeklong event showcasing both commercial and defense aircraft. Airbus and Boeing signed more than \$25 billion in orders Monday, an improvement over recent years.



Pressure on Japan's PM: Japanese Prime Minister Naoto Kan, criticized for his handling of the tsunami disaster and the country's sluggish economy, is under pressure to resign next month after budget bills are passed by parliament, reports said Monday. Kan is being pushed by his party to step down after the passage of a second extra budget for the current fiscal year, according to the Kyodo News agency and public broadcaster NHK. (AP)

Hearsay

"Even the best safety standards are useless unless they are actually implemented."

— YUKIYA AMANO, HEAD OF THE INTERNATIONAL ATOMIC ENERGY AGENCY, ON MONDAY URGING A WORLD-WIDE SAFETY REVIEW TO PREVENT NEW NUCLEAR DISASTERS IN THE WAKE OF JAPAN'S FUKUSHIMA NUCLEAR CRISIS.

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World

Acts of Healing in Syria

Men pledge to marry victims of alleged rapes by militiamen

Khirbet Al Jous, Syria

A group of men have committed themselves to an unlikely way of challenging the violence that has swept Syria in recent months: pledging to marry women they have never met.

In this village near the Turkish border, Syrians fleeing their country have established a makeshift tent city. Hundreds of families hope for the fall of Syrian President Bashar Assad. Meanwhile, horror stories swirl about what has befallen the towns they call home.

One involves four sisters from the town of Sumeriya who were allegedly raped by pro-government militiamen.

"It made us so mad. Such an injustice. We have decided we will marry them," said Ibrahim Kayyis, 32, a baker from Jisr Al Shugur, a nearby town that was stormed by government forces.

In an attempt to reclaim their honor, families in Syria have been



Meanwhile ...

Syrian President Bashar Assad promised on Monday a national dialogue to consider political reforms, but his vague overtures to a pro-democracy uprising fell flat as protesters took to the streets, demanding his ouster. Assad blamed the unrest on "saboteurs" and offered modest potential reforms but gave no sign he'd move toward his political domination. A package of reforms was expected by September or the end of the year, he said. (AP)

11K

The estimated number of Syrians who have fled to Turkey in the past two weeks to escape violence. (AP)

known to kill female members who have been raped. Even if families allow such women to live, they are not eligible to marry.

"We sat and discussed that we want to change this. We don't want to change just the regime in Syria, but also this kind of stuff. So we will marry them in front of everyone," Kayyis said.

The four sisters are in a hospital in Turkey, Kayyis said. It is not possible to verify their story, because

the men will not speak their names because of the shame that doing so would cause their family.

Mohammed Mourey, a pharmacist from Jisr Al Shugur, proposed the marriage idea. "They are victims of the revolution, and we will protect them," he said.

He said when he first thought of the idea, 15 men came forward to volunteer. The group was then narrowed to four.

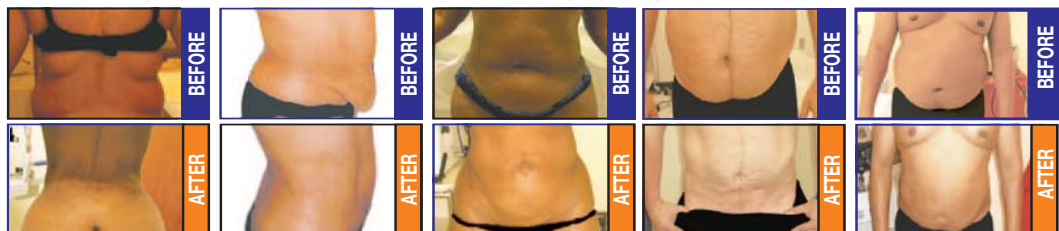
The men said that assaults on women signify an escalation of the violence on the part the regime, which has sought to discredit the protest movement. Kayyis and Mourey said they look forward to their marriages and to Assad's fall from power. (THE WASHINGTON POST)

49 The number of years that **Vasiliki Lambidou** raised a Greek flag daily at the border with Turkey, a simple act that elevated her to national status. Lambidou had lived in the same house a few dozen yards from the Greek-Turkish border along the Evros River since 1962. She died on Sunday at 107, and a funeral service was held Monday. A Greek military official said the Greek flag would continue to be raised at Lambidou's home in her memory. (AP)

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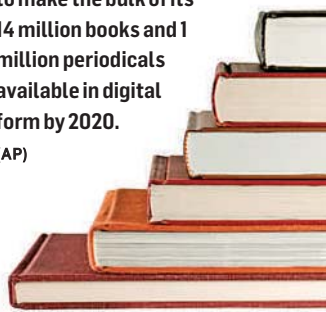
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HISTORY

Enlightening Upload

A description of the first engine-driven submarine is among 250,000 books to be made available online over the next three years in a deal between Google and the British Library. The agreement, announced Monday, will let people search and download texts published between 1700 and 1870. The library intends to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020.

(AP)



Ex-Tunisian Leader Sentenced to 35 Years

Court finds Ben Ali guilty in absentia of embezzling funds

Tunis, Tunisia

Tunisia's former ruler and his wife were convicted in absentia on embezzlement and other charges on Monday after \$27 million in jewels and public funds were found in one of his palaces.

They were sentenced to 35 years

each in prison and fined.

The conviction of Zine El Abidine Ben Ali and Leila Trabelsi followed a daylong trial in the Tunis criminal court. The couple went into exile on Jan. 14 in Saudi Arabia.

Ben Ali was fined 50 million dinars, or about \$35,750, and his wife was 41 million dinars for embezzlement of public funds and misappropriation. The trove of jewels and the money were found in a palace in the town of Sidi Bou Said,

Backstory



Zine El Abidine Ben Ali, 74, was ousted from his presidency Jan. 14 by a monthlong popular uprising in

Tunisia, which triggered a wave of other pro-democracy uprisings in the Arab world. He and his wife, Leila Trabelsi, fled to Saudi Arabia after 23 years in power. (AP)

after Ben Ali's departure.

Saudi Arabia did not respond to an extradition request, and some Tunisians expressed frustration that he was not present. Ben Ali has denied the charges in a statement, calling the proceedings a "shameful masquerade of the justice of the victorious."

The verdict in a second case stemming from the discovery of weapons and drugs in the official presidential palace in Carthage was postponed until June 30. (AP)



New Sub Hub? Latin American cocaine traffickers may be using submarines to move the Europe-bound drugs across the Atlantic Ocean, a top U.N. official said Monday at a conference on stemming the flow of the drugs through Africa. Drug cartels already use submarines off the South American and Caribbean coasts. Though no submarines have been seized in West African waters, evidence suggests they are in use there, the official said. (AP)

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Metro Needs More Staircases

Q With so many of the system's escalators out of order, I'm curious whether Metro has thought about better directing riders to the station's elevators, whether through signs or actually having personnel outside the stations. Seeing so many tourists carrying strollers down the escalator worries me.

I wish there were more prominent signs telling people not to take strollers on the escalators. For the general public: The elevators aren't any substitute for a functioning escalator. We need more staircases between the platform and mezzanine.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

Q My commute begins and ends with a Metro bus ride. I ride a variety of buses, and I have interacted with a number of drivers. Overall, I find that most drivers are professional and courteous. I have been wanting to pass along commendations to Metro, but how are these handled?

Call this number: 202-637-1328. I don't believe the drivers get any bonus specifically for being professional and courteous. That should be part of the job. But I think positive feedback from riders would find its way into the drivers' personnel records and could be a factor in evaluations.

Q Any idea why WMATA has not published rider-ship numbers on its website since mid-February? With the economy recovering and gas prices high, I would expect rail ridership is growing again. But perhaps WMATA did not want to reveal these numbers while the budget was being negotiated?

It reminds me of questions I've gotten over the years about why the newspaper is suppressing this or that. Having worked in newsrooms for three decades, I know that we could never rise to the level of efficiency required for an effective conspiracy. Metro looks the same way to me. I think this is a transit staffing issue rather than a conspiracy.

Q I saw a comment last chat that if there is just one working escalator in a Metro entrance, it should always be going up. In most cases, that would make sense. It wouldn't make sense for Foggy Bottom in the morning rush hour. At that time, the vast majority of passengers are exiting the station at Foggy Bottom.

Foggy Bottom is one of the most difficult stations to get in or out of. It has just that one connection to the street and really could use a second — but there are no immediate plans for that. Instead, Metro is putting in new escalators this year. It's one of only two stations getting new escalators. It's also getting a staircase, which I think will be very helpful. I understand your basic point, though.

METRO PULSE



Tuesday's the longest day of the year. What's your favorite way to use daylight?

"I'm from a country of sun all of the time — Jamaica. So probably being on the beach, where we have fried fish."

Venice Brown

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Poll: AIDS Top D.C. Health Threat

Two-thirds of blacks claim to know people affected by disease

Washington

Despite the city's efforts to prevent the spread of the disease and make treatment available, HIV/AIDS tops the list as the District's most urgent health problem, according to a new survey by The Washington Post and the Kaiser Family Foundation.

More than a third of city residents single out HIV/AIDS — first identified 30 years ago — as the city's biggest health concern. Nationally, cancer and obesity get far more mentions.

And the scourge of HIV/AIDS weighs particularly heavily on the minds of African-American residents, who suffer from the disease in disproportionate numbers, are far more likely to raise it as a concern in discussions than white



PreventionWorks, a nonprofit that did free HIV/AIDS testing, provided new needles.

residents and more often fret over whether they or their family members will become infected.

More than four in 10 African-Americans — 44 percent — say they are concerned about personally becoming infected, compared with 10 percent of white residents, according to the poll.

"It's spreading so rapidly in the black community," said Ahwaneda Brown, reflecting the 65 percent of African-American respondents concerned that a family member might contract the virus. Only 8 percent of white residents are similarly worried.

Although Brown has not dis-

3%

The portion of residents in D.C. stricken with HIV/AIDS, the highest rate in the nation, and considered an epidemic by the CDC and WHO. (TWP)

cussed the issue with her adult grandchildren, the 82-year-old retired school counselor said: "I know my daughter has. I have the type of family that will talk with their children because I have talked to mine. We are very open about talking."

About two-thirds of African-Americans say they know someone directly impacted by HIV or AIDS.

Across the city, 58 percent of residents say someone they know has the disease or has died of it — far more than the 41 percent who said so in a national survey from the Kaiser Family Foundation released Tuesday. DARRYL FEARS, PEYTON M. CRAIGHILL AND ISAAC ARNSDORF (THE WASHINGTON POST)

In Brief

WASHINGTON

New Poll Shows Fenty Bounces Back in Appeal



Fenty

Former mayor Adrian M. Fenty has bounced back in popularity, according to a new poll by The Washington Post and Kaiser Family Foundation.

But Fenty had no comment on his significant comeback: 56 percent of registered voters now say they approve of the way he did his job as mayor. Just before he lost the Democratic primary to Vincent C. Gray last September, a Washington Post poll showed a 47 percent approval rating. (THE WASHINGTON POST)

NORFOLK, VA.

Rep. Cummings: Progress In Nephew's Death Case

U.S. Rep. Elijah Cummings, D-Md., says police in Norfolk, Va., are making progress in the investigation of his nephew's shooting death but says help from the public may be needed to solve the crime. Christopher Cummings was fatally shot at his home steps away from Old Dominion University on June 10. No arrests have been made and police have not publicly identified any suspects. The congressman toured his nephew's home Monday after a meeting with police. (AP)

The Lotteries

Monday, June 20

Maryland

Mid-day Pick 3 1-5-7
Evening Pick 3 (Sun.) 8-5-8
Mid-day Pick 4 5-4-2-7
Evening Pick 4 (Sun.) 6-7-4-5
Match 5 (Sun.) 4-12-18-22-28 (6)

District

Mid-day Lucky Numbers 8-4-9
Evening Lucky Numbers (Sun.) 2-6-0
Mid-day DC 4 0-2-2-6
Evening DC 4 (Sun.) 6-0-2-8
Mid-day D.C. Five 8-7-7-7-0
Evening D.C. Five (Sun.) 9-9-0-8-0

Virginia

Mid-day Pick 3 2-7-5
Evening Pick 3 (Sun.) 9-6-8
Mid-day Pick 4 7-8-6-3
Evening Pick 4 (Sun.) 5-7-6-4
Mid-day Cash 5 (Sun.) 5-14-15-30-34
Evening Cash 5 (Sun.) 5-17-29-30-33

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



Artwork by Donna Butnik

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Local

Pr. George's Town to Improve Levees

Edmonston, Md.

The beleaguered town of Edmonston in Maryland once flooded four times in as many years, driving some residents to seriously consider packing up and moving. But that talk has ended as the town prepares to take the last in a series of steps to hold back the waters.

In addition to going "green" in recent years by replacing pavement with permeable stone, installing retention ponds to soak up storm water and getting a \$6 million upgrade to a pumping station that sucks up floodwater, the Prince George's County community this summer is preparing to add up to three feet to the earthen levees that wall off the Anacostia River.

The higher levees are being constructed by the county as part of a nationwide effort by the Federal Emergency Management Admin-



HAMIL R. HARRIS/TWP

Edmonston's old pumping station was no match for the Anacostia for years.

istration and the U.S. Army Corps of Engineers to improve the barriers after they failed to protect New Orleans during Hurricane Katrina.

As the swollen rivers wash away farms and homes farther west, federal and local officials are becoming increasingly wary of the frequency of so-called once-in-a-

lifetime floods and storms. Sitting at the bottom of a geological basin in the Anacostia watershed, Edmonston (population: 1,500) seemed to drown after every major downpour. "We flooded year after year, four years in a row," said former Edmonston mayor Adam Ortiz. But, he said, the Anacostia wasn't the problem. "It came from parking lots, roadways, shopping centers," he said. The county determined that the pumping station was the weakest link. In 2007, the county added three new pumps with a capacity of 224,800 gallons per minute. Edmonston hasn't flooded since. Town Administrator Guy Tiberio said that since the upgrade, he has noticed that during a couple of big rains, "the things were working just like they're supposed to work." (THE WASHINGTON POST)

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Cover Story

Wal-Mart Suit Blocked

High court ruling is likely to shape how class-action bias suits proceed

Washington

The Supreme Court blocked the largest sex-discrimination lawsuit in U.S. history on Monday, siding with Wal-Mart and against up to 1.6 million female workers in a decision that makes it harder to mount large-scale bias claims against the nation's other huge companies, too.

The justices all agreed that the lawsuit against Wal-Mart Stores Inc. could not proceed as a class action in its current form, reversing a decision made by the 9th U.S. Circuit Court of Appeals in San Francisco.

By a 5-4 vote along ideological lines, the court also said there were too many women in too many jobs at Wal-Mart to wrap into one lawsuit.

"Because respondents provide no convincing proof of a company-wide discriminatory pay and promotion policy, we have concluded that they have not established the existence of any common question," Justice Antonin Scalia said in his majority opinion.

Theodore Boutrous Jr., Wal-Mart's lawyer, said the decision also would affect pending class-action claims against Costco and others.

With 2.1 million workers in more than 8,000 stores worldwide, Wal-Mart could have faced billions of dollars in damages if it had had to answer claims by the huge group of women.

But now, the handful of employees who brought the case may pursue their claims on their own, with much less money at stake and less pressure on Wal-Mart to settle.

Protesters rally at the Supreme Court in March, supporting the plaintiffs in a case of female employees against Wal-Mart.



Backstory

The Wal-Mart lawsuit, citing what are now dated figures from 2001, said women are grossly underrepresented among managers, holding just 14 percent of store manager positions compared with more than 80 percent of lower-ranking supervisory jobs that are paid by the hour. Wal-Mart said women in its retail stores made up two-thirds of all employees and two-thirds of all managers in 2001. The case was brought by several Wal-Mart workers, including Betty Dukes, of Pittsburg, Calif., who began work for the company in 1994 and continues to work there today, as a greeter. (TWP/AP)

Fighting Words

"This is an extremely important victory not just for Wal-Mart but for all companies that do business in the United States."

— THEODORE BOUTROUS JR.,
WAL-MART'S LAWYER

"The court has told employers that they can rest easy, knowing that the bigger and more powerful they are, the less likely their employees will be able to join together to secure their rights."

— MARCIA D. GREENBERGER,
CO-PRESIDENT OF THE NATIONAL WOMEN'S LAW CENTER

"In a company of Wal-Mart's size and geographical scope, it is quite unbelievable that all managers would exercise their discretion in a common way without some common direction."

— SUPREME COURT JUSTICE ANTHONY SCALIA IN HIS MAJORITY OPINION.



Meanwhile ...

The Supreme Court unanimously ruled out a federal lawsuit Monday by states and conservation groups trying to force cuts in greenhouse gas emissions from power plants. The court said that the authority to seek reductions in emissions rests with the Environmental Protection Agency, not the courts. EPA said in December that it will issue new regulations by next year to reduce power plants' emissions of carbon dioxide, the chief offender of the greenhouse gases. (AP)

Wal-Mart in Pittsburg, Calif.

"All I have to say is when I go back to work tomorrow, I'm going to let them know we are still fighting," said Kwapnoski, an assistant manager at a Sam's Club in Concord, Calif. Both women spoke on a conference call with reporters.

The women's lawyers said they were considering filing thousands of discrimination claims against Wal-Mart, but they acknowledged the court had dealt a fatal blow to their initial plan.

Business interests, including nearly two dozen large companies, lined up with Wal-Mart, while civil rights, women's and consumer groups sided with the women plaintiffs.

Both sides painted the case as extremely consequential. The business community said that a ruling for the women would lead to a flood of class-action lawsuits based on vague evidence.

Supporters of the women suggested a decision in favor of Wal-Mart could remove a valuable weapon for fighting all sorts of discrimination. (AP)

The Washington Post

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Great Expectations

McIlroy's dominant U.S. Open win draws comparisons to Tiger

Golf

The manner in which Rory McIlroy won the U.S. Open made comparisons with Tiger Woods inevitable.

Not since Woods' historic 15-shot win at Pebble Beach in 2000 has anyone crushed the competition at a U.S. Open. McIlroy's performance was so stunning at Congressional that only four of his 72 holes were worse than par, he broke the scoring record by four shots, and he finished at an astounding 16-under 268.

Such a score is rare at the other three majors. It's unfathomable for a U.S. Open.

"If you're going to talk about someone challenging Jack's record, there's your man."

— **PADRAIG HARRINGTON**, WHO SAYS RORY MCILROY HAS A GREAT CHANCE TO MATCH JACK NICKLAUS' MARK OF 18 WINS AT MAJOR GOLF TOURNAMENTS.

But there was more than just his golf. The buzz around the 22-year-old from Northern Ireland made this feel like the 1997 Masters.

That was a watershed moment in sports, signaling the arrival of Woods. He brought a breathtaking blend of power and putting, seized control of the tournament on the second day, demoralized Colin Montgomerie in the third round and won by 12 shots with a record score to become the youngest Masters champion.

Woods wasn't at Congressional, but at times it felt like it.

The energy picked up Friday morning, right after McIlroy holed out a pitching wedge for eagle on the par-4 eighth to become only the



Rory McIlroy kisses the U.S. Open championship trophy on Sunday. He won the event in Bethesda after shooting a stellar 16-under 268 during the four-day tournament.

fifth player in U.S. Open history to reach double-digits under par.

The difference was it took him only 26 holes, and he was just getting warmed up. When he stood on the 10th tee, thousands of fans stood shoulder to shoulder from the tee all the way up the hill to

the clubhouse. They crowded onto the veranda at the clubhouse, and there were so many fans leaning against the railing on the balcony they looked like passengers on a cruise ship coming into port.

All this to see a boy wonder who just might be the future of golf.

Not So Fast



Rory McIlroy became at the U.S. Open the second-youngest player to win a major since

in 1934, trailing the run by Tiger Woods, shown, at the 1997 Masters by about 10 months. However, this was his 10th major as a pro. Woods won in his professional debut at the majors. And it was only McIlroy's third career victory in 107 starts in European and PGA Tour events. Woods already had won 31 tournaments, including five majors, in the same number of events. (AP)

Golf might be ready for a new star, especially considering the personal failures of Woods and the health problems that cloud his future. McIlroy brings a killer instinct to the course, yet he already has shown he can lose as well as he can win.

McIlroy does not shy away from the expectations, although he is keeping things in perspective.

"It's nice that people say that 'He could be this' or 'He could be that' or 'He could win 20 major championships,'" he said. "But at the end of the day, I've won one. I obviously want to add to that tally. But you can't let what other people think of you influence what you have to do. You have to just go out there, work hard, believe in yourself."

DOUG FERGUSON (AP)

In Brief



Jack McKeon is introduced as interim manager of the Marlins on Monday.

PRO BASEBALL

McKeon, 80, Returns To Manage the Marlins

Jack McKeon has a new job at age 80 — interim manager of the Florida Marlins. He becomes the second-oldest manager in major league history. Connie Mack managed the Philadelphia Athletics in a suit, tie and straw hat until 1950, when he was 87. McKeon, who guided the Marlins to the 2003 World Series championship, succeeds manager Edwin Rodriguez, who resigned Sunday amid the team's 1-18 record in June. (AP)

AUTO RACING

Red Bull to Quit NASCAR

The owner of energy drink Red Bull plans to leave NASCAR at the end of this season, The Associated Press has learned. Red Bull's two-car team has struggled since its 2007 entry into NASCAR, and consistently has been plagued by rumors and speculation that the Austrian ownership group will leave the series. (AP)

SOCCER

FIFA Exec Resigns

Jack Warner quit as a FIFA vice president Monday, and soccer's governing body dropped a bribery investigation of him, saying the "presumption of innocence is maintained." (AP)

PRO HOCKEY

Lidstrom Coming Back

Nicklas Lidstrom proved to himself he is still one of the NHL's best defensemen last season, and that is good news for Detroit fans. The 41-year-old Lidstrom announced on Monday that he will return for a 20th season with the Red Wings. (AP)

Congressional Recess Until U.S.' 250th Birthday?

Congressional Country Club's third U.S. Open is complete, and given the winning score — a record 16-under-par total of 268 by Rory McIlroy — there could be concern that the third time would be the Bethesda club's last. The United States Golf Association is famous for trying to protect par, and Congressional's Blue Course — subjected to softening thunderstorms several nights last week — simply couldn't do it. But move out 15 years, and consider the following scenario: It is 2026, the United States is celebrating its 250th birthday, and the USGA brings the U.S. Open back to the nation's capital. "There's such an appeal to that point," USGA Executive Director Mike Davis said. "The golf course certainly is a great test, and so there's no reason we wouldn't come back." The USGA blames the rain for the events' unusually low scores. (TWP)



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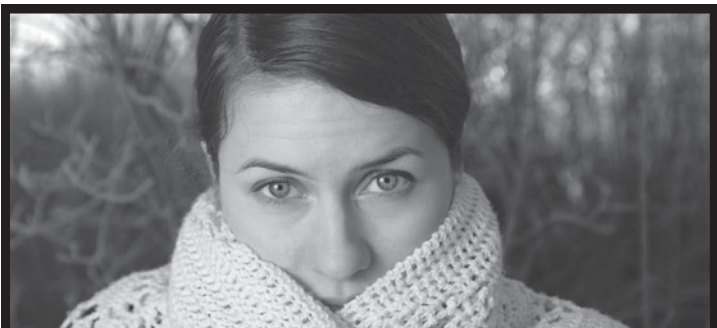
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Sports


Pujols' Injury A Big Blow to The Cardinals

Pro Baseball

St. Louis Cardinals first baseman Albert Pujols will be out for four to six weeks with a fractured left forearm, a devastating blow for a franchise hit hard by injuries this season.

The team announced the results of an MRI and CT scan Monday, one day after Pujols was injured during a home game against Kansas City. The team said Pujols has a non-displaced fracture of his left radius, and his arm is in a splint.

Pujols is hitting .279 this year after starting to heat up after a slow start. The team said his left shoulder was sore, but no structural damage was found. The 31-year-old is due to enter free agency this fall after rejecting a multiyear contract extension at the start of spring training. (AP)



Pujols

TV Lineup

NATIONALS (7 P.M., MASN2)
The Nats hope to start a new winning streak when hosting the Seattle Mariners.

MYSTICS (7 P.M., CSN) The Mystics try to snap a three-game losing streak when playing the Indiana Fever.

COLLEGE BASEBALL (2 P.M., 7 P.M., ESPN) Virginia plays South Carolina in the evening game, with Cal taking on Texas A&M in a matinee during the College World Series.

TENNIS (7 A.M., ESPN2) The first round continues at Wimbledon.

PRO BASEBALL (7 P.M., 10 P.M., MLB) The New York Yankees visit the Cincinnati Reds, and the San Francisco Giants host the Minnesota Twins.

WNBA (8 P.M., 10 P.M., ESPN2) The San Antonio SilverStars host the Phoenix Mercury, and the New York Liberty plays the Los Angeles Sparks.

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Venus Looks Sharp in Wimbledon Victory

Williams appears right at home at her favorite tournament

Tennis

Back on one of tennis' top stages, Venus Williams cut a familiar figure Monday at Wimbledon, from her latest original, somewhat-see-through outfit to her trademark booming serves and aggressive groundstrokes.

Williams smacked seven aces at up to 118 mph, totaled 23 winners to only five unforced errors, and overwhelmed 97th-ranked Akgul Amanmuradova of Uzbekistan 6-3, 6-1 in the first round at



KIRSTY WIGLESWORTH/AP

Venus Williams drew raves for her play and the "trendy" playsuit she wore Monday.

the All England Club.

The seven-time major champion recently was off the tour for about five months with a bum hip, includ-

ing missing the French Open, and this is only her fourth tournament in nearly a year. "It's a good place to start. And this is kind of like a home

for her. She loves it," said Williams' hitting partner, David Witt.

There sure was nothing shy about a playsuit Williams called "trendy": white and sleeveless, with a deep "V" neckline, a triangle cut out in the back, a gold belt and a gold zipper. "Jumpers are very 'now,'" she explained, "as is lace."

Though not as sensational as the corset-like black lace number with skin-toned undergarments that drew so much attention at the 2010 French Open, Monday's romper looked something like a toga and surely would have won the approval of her Roman goddess namesake.

Others reaching the second round included 10-time major champion Rafael Nadal. (AP)



GROOMING

A Close Shave

Tim Thomas saved just about everything during the Stanley Cup finals, but he's shaving, not saving, the beard. The Bruins goalie had his beard shaved off for charity at Gillette's World Shaving Headquarters in Boston on Monday. He did keep a mustache. Several members of the NHL champion team had already shaved off their playoff beards. (AP)



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fit

Guinea Pig | Map App

There's a difference between knowing about a region's health problems and seeing them highlighted in front of you. That's the point of Stats of the Union, a free iPad app that features a map of the USA loaded with data from a variety of government agencies. So, you can zoom in on Washington, D.C., to find out 22 percent of adults didn't participate in exercise within the past month. See a fact you want to share? Just click "snapshot" to save the image, and send it to pals.



Dive Into Different Ideas

Look beyond the lap with these aquatic exercises you can do in any swimming pool

Drinking water is fine, but everyone knows it's better with a squeeze of lemon. The same goes for exercising in water. Laps will get the trick done, but you'll enjoy them more with a twist — like a new way to wade or an aqua accessory. Here are four options to make a splash at any pool. VICKY HALLETT (EXPRESS)

2 Run for It

To really burn calories in the pool, take a stand, says Mary Lou Shehadi,

who teaches Aqua Motion at Equinox Tysons Corner (8065 Leesburg Pike, Vienna; 703-790-6193, Equinox.com). "When you're upright in the water, it's more of a challenge than when you're horizontal," she explains. Find out for yourself with this series of interval ideas. Shehadi recommends going all out for 30 seconds and then recovering for 15.



► Run around, but don't just go forward. Try shuffling your feet backward, sideways and even in diagonal lines to strengthen different muscles.

► Travel around the bottom of the pool by jumping. For a little extra plyometric power, she recommends bringing your knees up and into the chest with each bounce.

► Try out some fancy footwork by alternating between a wide stance and a normal one — what Shehadi calls a "tire run."



ISTOCKPHOTO

1 Use Your Noodle

Those bendy foam noodles weigh nearly nothing, but they're all you need for a strength-building upper-body routine, according to Eileen Chang-Berman, who teaches Power Splash at the Sports Club/LA (1170 22nd St. NW; 202-974-6600, Thesportsclubla.com). Standing in chest-high water, grip the noodle horizontally with your arms shoulder-width apart and perform four sets of eight reps of each of these moves.

- Push the noodle out in front of you, and pull it back in. Beginners can skim the water's surface, but try to take it deeper. "If you submerge it more, you have more resistance," Chang-Berman says.
- Force the noodle straight down, so your arms are extended to mid-thigh depth. Then bring it back up, pointing your elbows out to the sides.
- Bring your hands together so the noodle forms an arch. With both of the noodle's tips submerged, punch one arm forward while retracting the other arm, so the elbow points behind you. Switch arms.

By the Book

No coach, no problem. You can get some guidance on how to structure a pool routine from former Olympian Greg Whyte, author of the new book "Swimming for Exercise" (\$25, Firefly Books). The breakdown of the four major strokes with photos and the detailed descriptions of each phase of the movement are useful for anyone who's been winging his or her butterfly. Then put your better form to use by sampling his workout programs, which range from 20 lengths for beginners to 110 lengths for more-seasoned swimmers. There's also advice on open-water options and land-based exercises. V.H.



3 Kick It Up

Going up and back in the same lane doesn't need to be boring if you add a mix of toys and drills. Take it from Andrew Donnelly, head coach of the YMCA Fairfax County Reston Water Wolves (Ymcarestonwaterwolves.shutterfly.com). "Every kid likes fins. They triple your speed in the water," says Donnelly, who points out that the main benefit is how they strengthen your legs. Another lower-body builder is the kickboard. "It's great if you're just looking for an aerobic workout and you can't hold your breath well," he says.

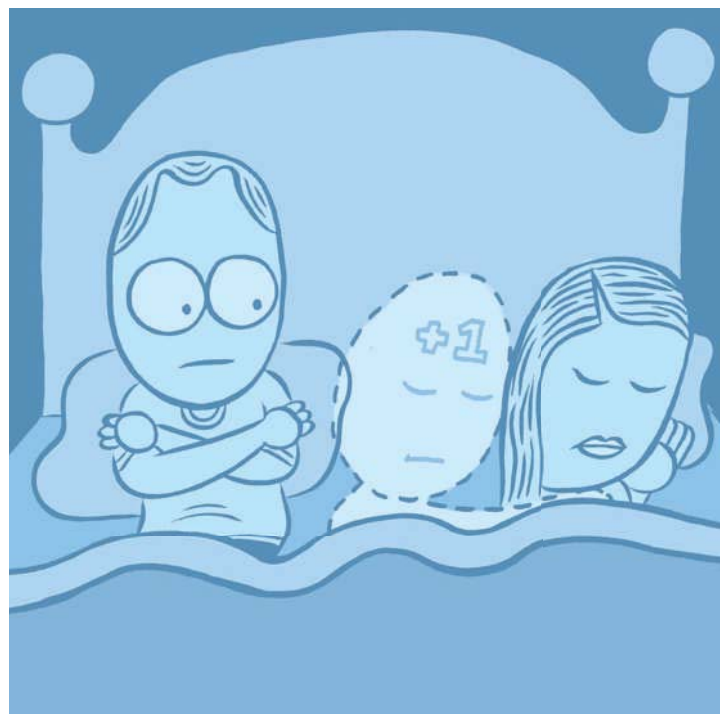
More-advanced swimmers can test the power in their legs by doing "hesitation" freestyle. In the middle of the recovery, point your elbow to the ceiling and kick three or four times before placing your arm into the water with a flat palm.



4 Soggy Samba

Who needs a nightclub to dance? Instead, try a health club — or anywhere else you can find a pool and some tunes — says Eric Ruiz, who teaches Aqua Zumba at Washington Sports Clubs' Columbia Heights location (3100 14th St.; 202-986-2281, Mysportsclubs.com). The magic of being submerged is that you don't need to worry about anyone judging you, so there's nothing holding you back from grooving, shimmying and swiveling. "A lot of people can shake it more under water," Ruiz says. He's also found that folks who have trouble circling their hips on land tend to do it better in a pool, and it's better for you because you're moving against the resistance of the water. Although being in liquid puts less stress on your joints, you might be surprised how difficult it is to stick with the beat, especially with a quick samba. "It's much harder to do that step in the pool and do it fast and shake your ass," Ruiz adds.

baggagecheck



BENDEPENT.COM

Trying to Escape The Family Trip

Q Every summer, my parents and my husband's parents have a couple of vacation weeks booked at cottages, and usually we try to spend almost a week at each. But lately my father-in-law has become very abrasive and impatient, and not much for conversation. My husband and I would rather forgo the stay with them. But hints of this are upsetting my MIL, who's not above playing the comparison game about how long we'll be with my parents. Help me keep peace. **CAUGHT IN THE MIDDLE, VA.**

There's peace as in everyone is writing love poems to each other, and then there's peace as in no one's firebombing anyone else's home. Shoot for the latter.

Your mother-in-law may play the comparison game for the next 20 years. But you're a grown-up, and you get to vacation how you choose. If you don't go, soften the blow by sending her flowers or a nice note. She might realize her husband is getting more difficult, and losing time with her children is just one more painful reminder. I urge you not to be all-or-none; perhaps a few days at the cottage with lots of solo excursions and quiet time would be a suitable middle ground.



By Dr.
Andrea
Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readex-press.com. Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" (friendshipfix.com).

Can't Do Right With a Wrong

Q My wife cheated two years ago and came clean only because I could tell something was up. We worked it out — or so I thought. I believe she's been faithful since and that some of the problems that made her do it have been resolved. But I keep being troubled by the thought that since she slept with somebody else, I should get to as well. I don't know that I'd really do it, but it feels like I can't get past this until I do. **DANGER ZONE**

You absolutely can get past this without getting into someone else's pants. But it's going to take real effort and the courage to acknowledge that you've never truly worked it out. You're not the villain here — unless you seek revenge — so there's no reason to fault yourself for not feeling hunky-dory.

But, clearly, you still have

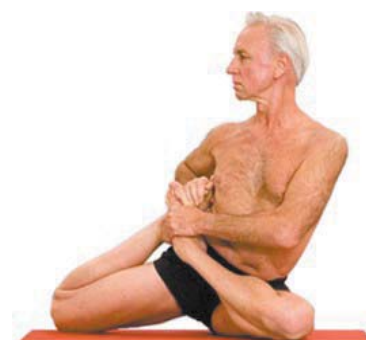
work to do, probably both alone and together. Are you still angry? Is trust truly repaired? Is there a part of you that was never really sure about settling down anyway and viewed her cheating as a relief or a stay of execution? The sooner you talk to somebody, the less you risk letting your marriage be harmed even more.

Event Horizon Market Moves

What'll be ripe at the FreshFarm Market by the White House (810 Vermont Ave. NW; freshfarmmarket.org) this week? You, if you decide to shake it at the Zumbathon hosted by Vida Fitness from 5 to 6:30 p.m. But working up a sweat outside means you don't need to feel guilty about stocking up on local foodstuffs. It costs \$15 to participate, with proceeds going to FreshFarm Markets (and \$10 going to you in "Market Cash").



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The Gold's Gym Get Fit Challenge is an exciting and inspiring 12 week body transformation competition. If you have followed the previous Challenges, you know remarkable results can occur in just 12 weeks. But health and fitness is not meant to be a short-term goal, it needs to be a lifelong pursuit.

Which brings us to the new twist in this year's Get Fit Challenge. While three of this season's challengers are new to the Get Fit Challenge, three return from previous Challenges. These returning challengers continue to pursue their fitness goals while confronting daily obstacles.

For the next 12 weeks, all of the challengers will have a Gold's Gym personal trainer guiding them, and they'll have unlimited access to Gold's Gym's diverse array of group exercise classes and state-of-the-art equipment. The trainers, certified experts in fitness and

The New Challengers

WANTS TO BE AROUND FOR GRANDKIDS

Family man Michael is determined to change his life. He regrets that he once had to give up his dream of becoming a firefighter because of his weight and poor fitness level. Michael does not intend to let those things rob him of a future with his family. *"I want to be here for my family, for my daughters' weddings, and, one day, for my grandkids."*



MICHAEL D'ITALIA

In the past, lack of motivation has been a problem for Michael, as well as eating habits he describes as "poor" with a preference for "anything fast." But he vows that he's ready to change, for his family and especially his wife. *"This competition is just the thing I need to change my life."*

LOOKING FORWARD TO... "a healthier 'new' me!"

GOLD'S GYM LOCATION: Rockville

TRAINER: Patrick

WANTS TO WALK INTO A ROOM AND NOT BE JUDGED BY HIS WEIGHT

Stephen says his excess weight has turned him into a loner who avoids family and friends. It has also led to some health issues, including having to use a special breathing apparatus to get a good night's sleep.

Stephen has made multiple attempts at losing weight on his own, but he's been unsuccessful. Though he enjoys working out, his poor eating habits undermine his efforts. Stephen admits to binge eating on the weekends and late at night, and gorging himself at donut shops and fast food restaurants.

But Stephen is looking forward to a thinner, healthier, more sociable future. He's been unable to achieve results on his own, now he's ready to find out what happens when he's in the hands of an expert trainer with a proven system.

LOOKING FORWARD TO... "never having to visit the Big & Tall department again!"

GOLD'S GYM LOCATION: Tysons Corner

TRAINER: Allison



STEPHEN WILLIAMSON

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SPECIAL ADVERTISING FEATURE

CAREN GILLISON

INTENDS TO AVOID A FUTURE OF HEALTH PROBLEMS

Caren has a history of diabetes on both sides of her family and she knows that excess weight and bad eating habits increase her chances of suffering the same fate.

She has been unable to maintain a consistent weight loss effort in the past. *"I start off great, but after I lose 10 or 15 pounds, I lose focus and go right back to bad eating habits and not exercising."* Caren also admits to a weakness for chips and sugary drinks, and big lunches out with co-workers.

She believes the Get Fit Challenge will be the kick-start she needs to change her ways. *"This competition will help me do what I was unable to do on my own, which is lose weight and learn to engage in a healthier lifestyle."*

LOOKING FORWARD TO... "wearing a short skirt!"

GOLD'S GYM LOCATION: Chantilly

TRAINER: Patrick



The Experienced Vets

STILL EXERCISING, BUT SLIPPING ON HEALTHY EATING

Joy is still working out every day, and is a big fan of Gold's Gym's new, fast-paced CX30 30-minute core training class. She

recently completed the grueling Warrior Dash and is getting ready to do her first sprint triathlon. But, she admits she hasn't been keeping up with her healthy nutrition. *"I have seriously been slacking with my diet,"* she says.

Over the next 12 weeks, Joy intends to get her eating back on track, improve her running, and get closer to her goal weight. *"I want to be able to run really long distances, to make healthy eating and exercise a way of life, to lose weight and, most importantly, keep it off."*

ADVICE FOR THE NEW CHALLENGERS... "watch out for me, I'm ready to win!"

GOLD'S GYM LOCATION: Capitol Hill

TRAINER: Abu



JOY FALZARANO

THINKING ABOUT A HALF MARATHON NEXT

Katie kept on running when her Challenge ended, literally. She's been regularly entering races around the D.C. area and has run a 5K or 10K every month for the past year. Like Joy, she recently completed the tough Warrior Dash. *"It pushed and challenged me,"* she says, *"and I know I finished the race because of all the hard work I've put in at Gold's."*

However, without a personal trainer to hold her accountable regularly, her eating habits have fluctuated from time to time. *"This new Challenge is just the motivation I need to get my diet back on track,"* she says.

"I want to push myself past my current fitness level." She says. *"Ultimately, I would love to complete a half marathon!"*

ADVICE FOR THE NEW CHALLENGERS... "stay focused and great results will follow."

GOLD'S GYM LOCATION: Ballston

TRAINER: Chauncey



KATIE PELLECCIA

LARRY BROWN, JR.

SUSTAINABILITY IS HIS GOAL THIS TIME AROUND

Larry slipped. Housebound during the relentless snowstorms in 2010, he returned to overeating and stopped exercising. Before he knew it, the weight returned. This time around, he's determined to shed the weight and **keep** it off.

Larry discovered that it was difficult to maintain his workout regimen once his Challenge was over. *"To live a lifestyle of fitness outside the confines of a competition, that's truly the ultimate challenge,"* he says.

That's why this time, Larry's focus is on long-term success. *"I want to set up a plan with my trainer that will help me maintain a healthy lifestyle without feeling restricted. Sustainability is my overall goal."*

Looking good in a wedding tux might be his other goal. Larry is getting married in November and wants to walk down the aisle with a slimmer new look.

ADVICE FOR THE NEW CHALLENGERS... "commit to your goal and watch yourself succeed!"

GOLD'S GYM LOCATION: Van Ness

TRAINER: Melissa



Follow, support and inspire the challengers on Facebook.com/GoldsGetFitChallenge



Stethoscope



This girl probably doesn't know it, but Fido may be saving her from allergies.

ALLERGENS

A Baby's Best Friend

Babies and animals hanging out together isn't just adorable — it's healthy. There appears to be a diminished risk for cat and dog allergies among kids who lived with a pet within the first year of their lives, reports the journal *Clinical & Experimental Allergy*. Exposure at other times in a person's life doesn't seem to have the same benefits.

INFECTIONS

Coughing in Coach

About to fly away on your summer vacation? Don't worry about other passengers' carrying on the flu and passing it to you. According to a study just published in the journal *Emerging Infectious Diseases*, there's just a two-seat "danger zone" around sneezers and coughers. So as long as you're a few rows over, your risk of getting infected is not increased. You may want to tuck a mask in your luggage, however, just in case your seatmate starts hacking up a lung.

SLEEP

You Need More Quality Time With Your Quilt

Sleeping in on the weekends sure does feel good, but it's not nearly as miraculous as you might think. A study presented at a meeting of the American Academy of Sleep Medicine showed that when subjects were restricted to just six hours of sleep for six nights, two nights of 10 hours of sleep wasn't enough to make up for the deficit. The subjects performed worse on tests than they did with a normal eight-hour sleep schedule. One fun fact: The women handled the sleep deprivation better than the men.

Buff Birthday Party

The Daddy's Crazy runner sets his sights on completing 4,700 push-ups in one day

Exercise

The only number most of us consider when a birthday looms is how many candles will be on the cake. But Timothy Chen Allen is thinking bigger — and stronger and faster.

Maybe you remember reading in *Express* that for his 46th birthday last year, he organized Daddy's Crazy 46-Miler, a one-man ultramarathon from Glover Park to Olney, Md., and back. For his 47th birthday, he's decided to pursue another epic physical feat. So on Saturday, he'll be doing 4,700 push-ups.

It's not anywhere close to the world record (which is an astounding 46,001 in 24 hours), but it's still plenty for someone who'd never really done more than 50 in a day. "The limiting factor is time. I'm not going to do it all in one go," says Allen, who's calculated that if he manages to maintain an average pace of



Timothy Chen Allen says strengthening his shoulders has made push-ups easier.

nine per minute, he'll be done in less than nine hours.

The plan isn't to do anything fancy. "It's just regular old push-ups. I might change the width of my hands. And maybe do a couple one-handed push-ups, but not until near the end, so I'm sure I can make it," he says.

Given the intensity of his training, Allen shouldn't have any problem getting to this finish line.

Although performing a mini-

mum of 500 push-ups a day can take awhile, he says it's been pretty easy to fit into his schedule.

"I'll set my beeper on my watch and pop out 50 push-ups in my office every hour. I can't go for a run once an hour," he says.

At home, he's been able to do hundreds of reps while watching his son, so he doesn't need to ditch his family for hours the way he needed to when building up his running endurance. (Although he wouldn't

Pushing It

Timothy Chen Allen will start his push-up count at 9:30 a.m. Saturday at Urban Evolution (5402 Eisenhower Ave., Alexandria; 571-215-8218, UrbanEvolution.com/events/4700pushups). He has a group of other exercisers who are trying to reach the 4,700 mark with him. You're welcome to join them, or support them by making a donation to the Wounded Warriors Project (Wwpproudsupporter.kintera.org/4700pushupsteam).

mind getting away from the family dog. "He wants to lick my arms while I practice," he says.)

Admittedly, Allen's regimen doesn't leave much time for other exercises. But he's been diligently using resistance bands to strengthen his once-wobbly shoulders. "They were a problem, but they're bullet-proof now," he says.

His arms will deserve a vacation after push-up day. And they'll get one — but his legs had better watch out. He plans to start training for a 47-mile run just a week later.

VICKY HALLETT (EXPRESS)

PUSH-UP IMPROVEMENTS



Guys tend to abandon the push-up for the bench press sometime around puberty, which is why you usually have to wait in line at the gym for a bench but there's always plenty of floor space. But the once-forgotten push-up has recently muscled its way back to the top of the exercise universe. Why? Because it not only builds a powerful front façade to your physique, but it also develops the support system behind that musculature. Weave these variations into your daily workouts to build strength, power and sleeve-busting muscle.

(REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

ROTATIONAL PUSH-UP

Good for: Athletic performance in sports involving torso rotation, such as tennis, hockey and baseball

Technique: Assume the classic push-up position, but as you come up, rotate your body so your right arm lifts up and extends overhead. Your arms and torso should form a T. Return to the starting position, lower yourself, then push up and rotate till your left hand points toward the ceiling.

BARBELL PUSH-UP

Good for: Stability of midsection, shoulder; grip strength

Technique: Get into the classic push-up position with your hands on a barbell (the kind that can roll away if you don't keep it steady). Knock out the push-ups but not yourself — keep in mind that one slip can send you crashing teeth-first into the floor.

WALKING PUSH-UP

Good for: Abdominal development; shoulder stability

Technique: Set up in the classic push-up position on a smooth floor, and place your feet on a towel. Walk with your hands across the room, turn and walk back. Keep your back flat throughout the movement.

In Thin Ice

“Low-fat ice cream” is somewhat of an oxymoron. After all, it’s in large part the butterfat in cream and whole milk that gives the dessert its luxurious texture and taste. There are plenty of scoopable frozen treats available that have a more virtuous nutritional profile, but it’s often because they’re made with thickeners and stabilizers whose names defy pronunciation. But with a small ice cream maker, you can whip up a healthier frozen dessert with wholesome ingredients. (AP)

BROWN SUGAR & TOASTED ALMOND ICE CREAM

Start to Finish

2 hours, 45 minutes
(15 minutes active)

Ingredients

- ▶ 1 1/2 teaspoons unflavored gelatin
- ▶ 2 1/2 cups low-fat milk, divided
- ▶ 3/4 cup packed dark brown sugar
- ▶ 1/2 teaspoon cinnamon
- ▶ 3 large egg yolks
- ▶ 12-ounce can nonfat evaporated milk
- ▶ 1 tablespoon amaretto liqueur or rum
- ▶ 1/2 cup chopped almonds

Makes Eight Servings

In a small bowl, sprinkle gelatin over 1 tablespoon of water. Let it stand while you make the base for the ice cream.

In a large saucepan, stir together 1 1/2 cups of the milk, the brown sugar and cinnamon. Heat the milk mixture over medium heat, stirring often, until steaming.

In a medium bowl, whisk together the egg yolks and evaporated milk. Gradually pour in the hot milk mixture, whisking until blended. Return the mixture to the pan and cook over medium heat, stirring with a wooden spoon, until the back of the spoon is lightly coated, three to five minutes. It should reach 165 F. Do not bring it to a boil or the custard will curdle.

Strain the custard through a fine-




MATTHEW MEAD/AP

Feel free to add a handful of bitter-sweet chocolate chips to this recipe.

mesh sieve into a large bowl (preferably stainless steel). Add the softened gelatin and whisk until melted. Whisk in the remaining 1 cup milk and the amaretto (or rum). Cover and refrigerate until chilled, at least two hours, or overnight.

In a small dry skillet over medium-low heat, toast the almonds, stirring constantly, until fragrant and lightly browned, two to four minutes. Set aside to cool completely.

Once cool, whisk the ice cream mixture and pour into the canister of an ice cream maker. Freeze according to the manufacturer’s directions. Transfer the ice cream to a container, stir in the toasted almonds, cover with plastic wrap gently pressed into the surface, and freeze until firm. (AP)

 **211 calories; 53 calories from fat**
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(GED); or one to three months related experience
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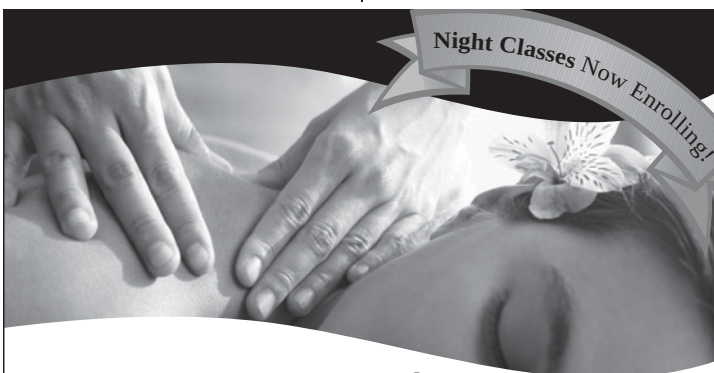
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 GRADUATE JOURNALISM



lookout



As the World Turns
Paris Hilton and her latest beau, Cy Waits, break things off **39**

Sound Bets



COURTESY SOCKETS RECORDS

Plug Into Summer

Sockets Records' free "Summer 2011 Mix" features six modern bands. But the local label's comp takes me back to the early '90s, when I would make weekly record-store visits to hunt down imported experimental-dream-pop singles I'd read about in *New Musical Express*.



By Christopher Porter

The bands I obsessed over are mostly lost to the dustbin of record-nerd history — Belfast's Butterfly Child, London's Bark Psychosis and A.R. Kane — but I feel

their forward-looking spirit in some of the jams on this comp. The mix starts and ends with beautifully twitchy electronic works from D.C. acts Macaw and Bluebrain, but three of the four middle tracks are what put me in the way-back machine.

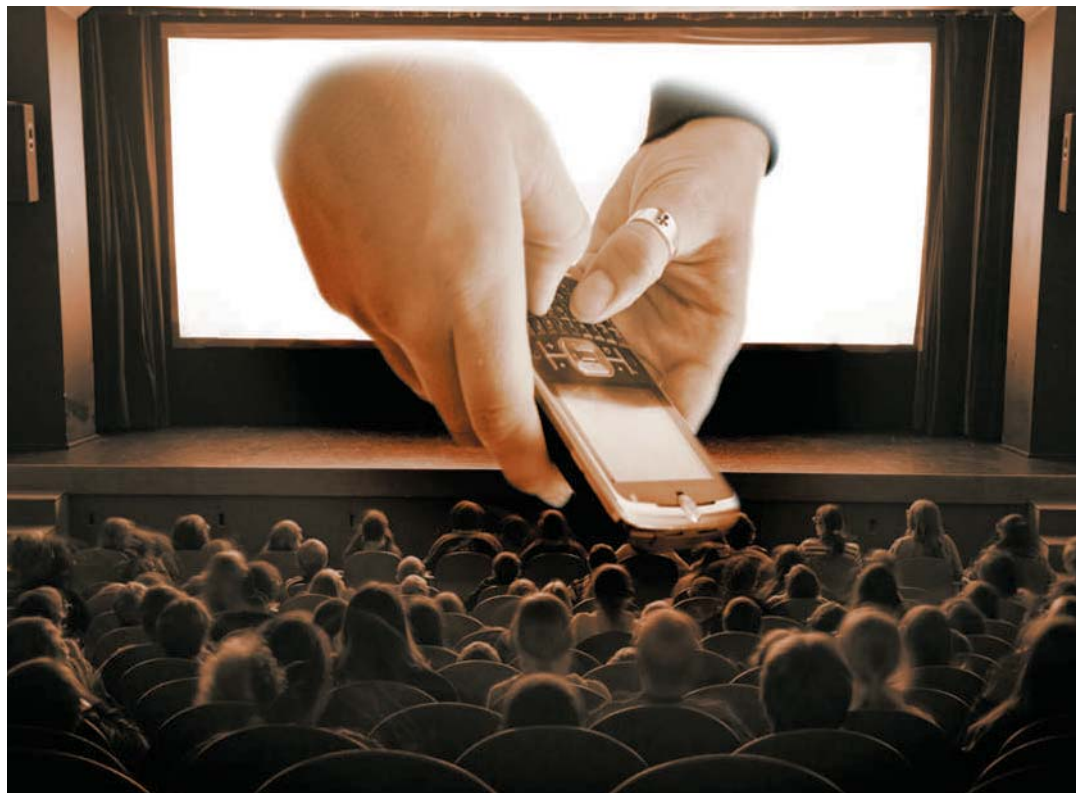
"More Than One Thing" by the Skeletons, shown; Deleted Scenes' "Bedbedbedbedbed"; and Hume's "Inverse Fireworks" are pop-based, but their rhythms are influenced by the fractious possibilities of electronic music. Some might call the style Radiohead-esque, but these songs recall a time before all experimental pop was considered Yorke-ish territory.

Download Now:

► Get the "Summer 2011 Mix" free at Socketsrecords.com.



Comments? Give Christopher your feedback: expressnightout.com/soundbets



ISTOCKPHOTO/EXPRESS ILLUSTRATION

Texting Pictures

Theaters crack down on distracted patrons using mobile devices during film screenings

Cinema

It seems like such a quaint notion: Folks would go to the movie theater, buy their tickets at the box office, then sit down, shut up and pay attention to what was on the screen.

Now, the piercing glow of cell phones lights up the darkness like pesky fireflies, and people talk to each other in a packed auditorium

as if they were sitting in the privacy of their own living rooms.

The Alamo Drafthouse Cinema in Austin, Texas, did something about this by kicking out a patron who refused to adhere to the theater's rule against talking or texting, then turned the ranting, profane voice message she left into a hilarious public service announcement. It's gotten more than 1.75 million hits on YouTube in a few weeks.

But why must we talk, text and tweet in the middle of a movie? And what can theaters do to stop this erosion of cinema civility?

Matt Atchity, editor-in-chief of

Meanwhile ...

Foreign Solutions

In Hong Kong, patrons generally heed a message urging them to turn off or silence their phones before a movie. And in Britain, moviegoers are familiar with a series of ads shown before films under the slogan: "Don't Let a Mobile Phone Ruin Your Movie." The comic promos feature well-known actors having their movie projects destroyed by a clueless mobile phone executive. (AP)

Rotten Tomatoes, crafted "10 Commandments for Movie Audiences" including "Thou shalt not text." But the ubiquity of cell phones makes these suggestions hard to enforce.

"Even 10 years ago ... not everyone was text-messaging," Atchity said. "The younger generation grew up, and the kids who were texting in class are now the kids who are texting in movies."

"I didn't really like 'Thor,' so I just pulled out my phone and texted a little bit."

— WILL BARNES, 13-YEAR-OLD MOVIEGOER

Kids today view the movie-going experience as interactive, said Bill Goodykoontz, film critic for the *Arizona Republic*. "They can't imagine seeing anything, including a movie, without immediately supplying their reactions," he said.

But many young people don't think texting is a problem, because everyone does it. "I didn't really like 'Thor,' so I just pulled out my phone and texted a little bit," said 13-year-old Will Barnes of Frisco, Texas. "It was during the day, so nobody was really in the theater."

Theaters have tried a variety of methods to get folks to stay off their phones, from showing messages about texting before the movie to having ushers sweep through the theater.

"It's an educational process, but ... the beauty of cinema, first of all, is that it's a shared experience," said John Fithian, president of the National Association of Theatre Owners. "That means there are shared responsibilities."

CHRISTY LEMIRE (AP)



No Bars: In 2004, the National Association of Theatre Owners investigated technology that would block cell phone signals in U.S. theaters. Sixty percent were in favor, with 40 percent against it, "but the 40 percent was violent," said John Fithian, the association's president. "Parents have to stay in touch with their baby sitters. People are so focused on how important their jobs are that they had to be in touch 24/7. I felt like asking these people, 'What did you do 15 years ago?'" (AP)

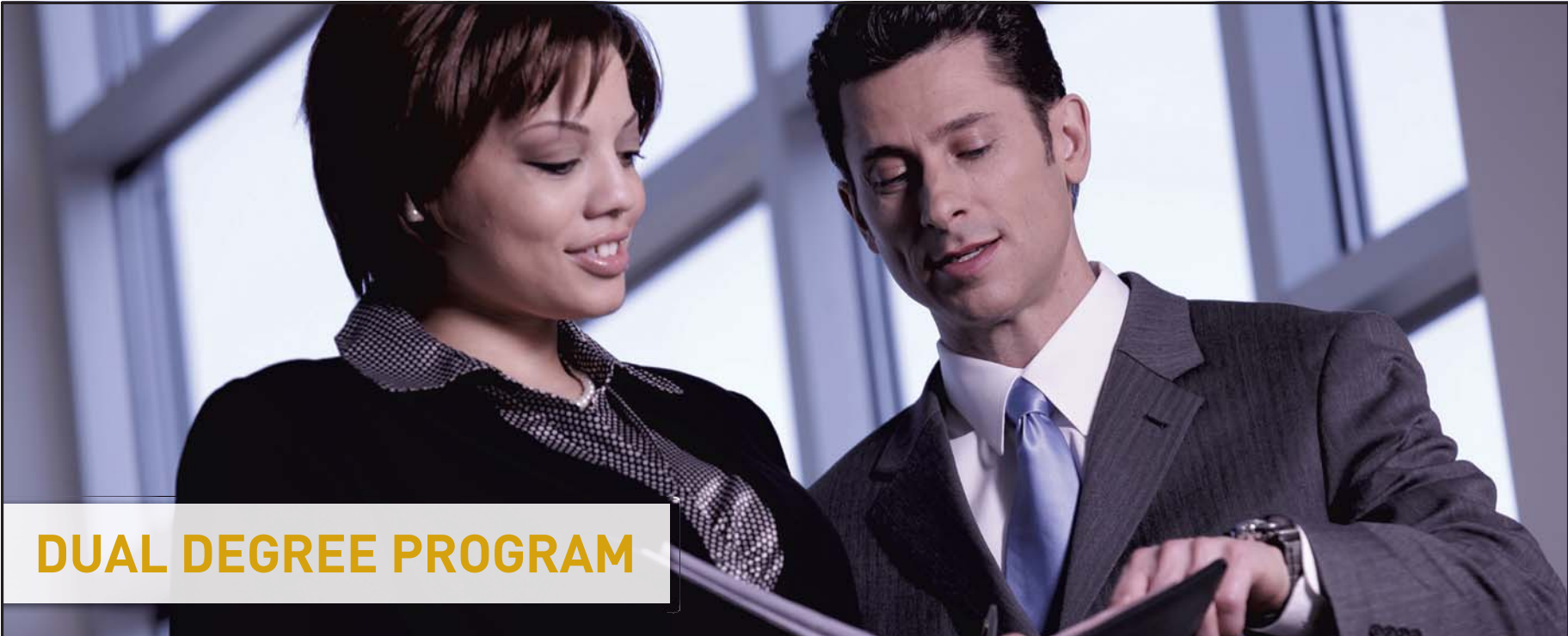
Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.



1 To Hell With The Man
The Coathangers, left, are certainly political. But the all-girl quartet from Atlanta aren't D.C.'s kind of political. As you'd expect from a punk-rock band, the Coathangers seem to be more about general rabble-rousing and having a good time making music than advocating any specific sort of political action. **Red Palace, 1212 H St. NE; Tue., 8 p.m., \$8; 202-399-3201, Redpalacedc.com.**

2 We Shall Not Cease from Exploration
The fact that there are people in real life whose job title is "explorer" still excites us, and National Geographic has gathered four of them (Sylvia Earle, Mattias Klum, Paula Kahumbu and Kevin Hand) to talk about their adventures. Whether they're photographers or scientists, these folks are all about the pursuit of the new. **National Geographic Live!, 1600 M St. NW; Tue., 7 p.m., \$25; 202-857-7700, Nglive.org/dc. (Farragut North)**

3 Keen on the Queen
After a health scare and an apparently successful surgery, Aretha Franklin has a new album and can still bring walls down with her voice (while wearing amazing hats). All the pallid "Glee" covers of her songs have us jonesing for the real thing. Good thing she's performing at Wolf Trap tonight. **Wolf Trap, Filene Center, 1551 Trap Road, Vienna; Tue., 8 p.m., \$25-\$45; 877-965-3872, Wolftrap.org.**



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A Very Vocal Discovery

Art Brut's soft-spoken singer finds new ways to use his instrument

Concert Preview

Eddie Argos has never been much of a crooner. "Back in school, joining choir and things, it was always, 'Go to the back; he can't sing,'" recalls the delightfully ranty lead singer of breakout British post-punk band Art Brut. "I'm not really self-aware. I try to sing; then I see peoples' expressions and stop."

Instead, Argos has favored a spoken-word delivery on most of Art Brut's hyperliterate, often hilarious songs. (The band's last record, "Art Brut vs. Satan," featured such goofily named tracks as "Alcoholics Unanimous" and "DC Comics and Chocolate Milkshake.") But on



Art Brut's Eddie Argos, foreground, expands his vocal range on "Brilliant! Tragic!"

the band's new LP, "Brilliant! Tragic!" he had some expert guidance: The Pixies' Frank Black, who produced the disc, encouraged Argos to actually sing a bit — and even do the occasional second take. "I like to [record] it just once and go," explains Argos. "I think it loses its sincerity if I just keep singing things again

and again and again. This time, I was open to trying different vocals and doing it more than once."

Argos was in disbelief the first time he heard the resulting vocal tracks. "I thought it was a trick," Argos quips. "I said, 'That's not me. He got somebody else instead of me, apparently.' He made me use

my voice as an instrument."

Mind you, Art Brut's witty frontman will still never be mistaken for Frank Sinatra. "I'm not even really singing on the record," he demurs. "I'm kind of whispering."

Those quiet bits just might get drowned out at Art Brut's Black Cat show Wednesday: The group has developed a strong cult following in D.C., and the adoration is mutual. "The Black Cat [is] one of my favorite venues in America," Argos says. "Everyone who works there is really friendly and nice; it's got a really great jukebox, a pool table. Plus, I'm sick of the rest of our group by the time we get to D.C. normally. So, it's like, 'Oh, who new can I hang out with?'" **CHRISTOPHER PORTER**

● *Black Cat, 1811 14th St. NW; Wed., 8 p.m., \$15; 202-667-7960, blackcat-dc.com. (U St.-Cardozo)*

Books

Stop Bullying Or Die Trying

Rapper 50 Cent's newest work of fiction will have an anti-bullying message. The Penguin Young Reader Group will release the novel "Playground," a semi-autobiographical young-adult novel about bullying, in January 2012. The 34-year-old rapper previously released a memoir, "From Pieces to Weight," and a self-help guide called "The 50th Law." (AP)



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lookout entertainment

'Jackass' Star Dies in Crash

A fiery, early morning
automobile accident
ends Ryan Dunn's life

Obituary

"Jackass" star Ryan Dunn, who along with his castmates made Americans cringe and snicker through vulgar stunts in their multimillion-dollar TV and movie franchise, was killed early Monday in a fiery car crash. He was 34.

Dunn, a daredevil whose most famous skits included diving into a sewage tank and shoving a toy car into his rectum, was driving his 2007 Porsche in suburban Philadelphia when it went off the road into the woods and burst into flames. A passenger was also killed, and speed may have been a factor in the crash, police said.

The force of impact shattered the vehicle into several twisted and blackened pieces, leaving the Porsche 911 GT3 unrecognizable except for a door that was thrown from the crash and not incinerated. A 100-foot-long tire skid marked where the car left the roadway.

Both Dunn and his passenger were severely burned. Police were able to identify Dunn through his tattoos and hair, but the identity of his passenger was still unknown.

Dunn appeared on the MTV



GETTY IMAGES

"Jackass" daredevil Ryan Dunn, also
starred in his own shows on MTV and G4.

shows "Jackass" and "Viva La Bam," and the three "Jackass" big-screen adaptations. He also was the star of his own MTV show, "Homewrecker," and G4's "Proving Ground."

His longtime friend and fellow "Jackass" daredevil Johnny Knoxville tweeted, "Today I lost my brother Ryan Dunn. My heart goes out to his family and his beloved Angie. RIP Ryan, I love you buddy."

In a statement, MTV praised Dunn's tireless humor and enthusiasm. "The 'Jackass' brotherhood will never be the same," said Van Toffler, president of MTV Networks.

Hours before the 3 a.m. crash, Dunn tweeted a picture of himself drinking with two friends. The photo has since been removed. (AP)

1M The number of ebooks self-published author John Locke has sold through Amazon's Kindle Direct Publishing. Most of the writer's novels — which include "Vegas Moon," "Wish List" and "A Girl Like You" — cost 99 cents. His latest work is an advice book he was well qualified to write: "How I Sold 1 Million eBooks in 5 Months." (AP)

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TV tonight **lookout**

Best Bets

ABC
8:00

Wipeout Summertime, and the livin' is ... not easy, if you're a contestant on this show. In a special edition, 24 players take on such challenges as the Wipeout Wall, Driver's Ed and the infamous Big Balls to qualify for the opportunity to drop from the Flume of Doom into the new Wipeout Zone.


DSC
9:00

Deadliest Catch As yet another storm hits the crab grounds, the Ramblin' Rose takes a risky gamble, the Time Bandit flirts with danger at the dock, and a Northwestern crew member gets his nose broken in "Birds, Bones and Blood."

A&E
10:00


Gene Simmons Family Jewels Gene, pictured, is stunned when his partner, Shannon, moves out and he is forced to fend for himself. His friends wonder whether this is going to be a permanent split or just a temporary break. (TRIBUNE MEDIA)



Sugary Sweet Chefs

POV: KINGS OF PASTRY
PBS
10:00

Acclaimed documentary series "POV" enters a new season with the film "Kings of Pastry," from directors D.A. Pennebaker and Chris Hegedus. "Kings" follows 16 French chefs (including Jacquy Pfeiffer, left, and Sebastien Canonne, right) as they compete for that nation's top honor in pastry.

KEVIN MCDONOUGH (UNIVERSAL UCLICK)

Drama



Military Medicine

"Combat Hospital" (10 p.m., ABC) may make viewers think of "M*A*S*H," but it's not a comedy, and the war it's set in is still going on. Elias Koteas, shown, leads the cast as the military surgeon in charge of a Canadian-led NATO hospital in southern Afghanistan. (TM)

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*Source: The U.S. Bureau of Labor Statistics Monthly Labor Review November 2007.

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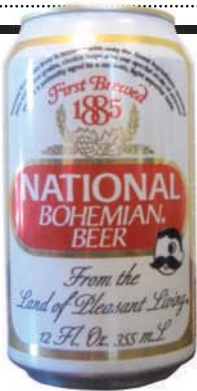
Monday's Results
DO YOU THINK METRO HAS
IMPROVED ITS SAFETY CUL-
TURE SINCE THE '09 CRASH?



"Yes. But they still need to
improve their communication
with their customers."
COMMENTER ANGRY KEVIN

"If the hallmarks of a safe-
ty culture are burnt-out platform
lights and runaway escalators,
then, yes, Metro is safer than ever!"
COMMENTER DIOGENES

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"When I moved to
D.C., you could go to
any liquor store in
the Baltimore region
and buy a 12-pack of
Natty Boh for under
\$5. A few weeks
ago, with access to
a car, the cheapest

I could find it in the Route 40 corridor
was \$7.50. A co-worker of mine
sometimes does Boh runs for me
near his apartment in Laurel and can
find them for \$6 a 12-pack. D.C. wants
\$9.80. [Come on], D.C."

— MALNURTUREDSNAY.NET FOUND HIMSELF GOING THE
EXTRA MILE TO DRINK HIS HOMETOWN BEER THIS WEEKEND.

"The fact that two of the biggest solo rap
artists in the country went to the same
high school is amazing. The fact that two of
the biggest solo rap artists in the country
went to Allderdice High School — a place
where my aunt used to teach and where the
majority of my fantasy baseball and football
league attended — seems incredible."

— SEANRAMBLINGS.BLOGSPOT.COM IS A BIT STUNNED
BY THE SUCCESS OF WIZ KHALIFA AND MAC MILLER,
TWO ROSTRUM RECORDS SIGNEES WHO ARE BOTH FROM
PITTSBURGH.



"What, jokes about the president's
racial heritage are funny, but satiri-
cal jabs at the campaigns being run
by Republicans are off-limits? We're
not sure what rankles more: the gut-
busting laughter at the race-based
Obama jokes or the hypocrisy they
showed when they thought Brown
had gone too far."

— THEROOT.COM'S SHERYL HUGGINS SALOMON IS CONFLICTED REGARDING HOW TO FEEL
ABOUT OBAMA IMPERSONATOR REGGIE BROWN, SHOWN, WHO WAS ASKED TO END HIS ROUTINE
SATURDAY AT THE REPUBLICAN LEADERSHIP CONFERENCE IN NEW ORLEANS, AFTER HIS ACT
BEGAN TO FOCUS ON REPUBLICAN PRESIDENTIAL CANDIDATES.

Have you served your country in Iraq or Afghanistan?

- Did you experience something **horrible** that you can't get out of your mind?
- Do you drink **alcohol** to help you cope?
- Are you **jumpy**, irritable or easily angered?
- Is it **hard to trust** or love other people?
- Have you **lost interest** in activities you once enjoyed?

Current or former service members between the ages of 21 and 50 who have the above problems may qualify for a four to five week inpatient research study looking at the effects of a new medication for individuals with Post-Traumatic Stress Disorder and alcohol problems. There is a chance of receiving placebo (an inactive sugar pill). There is no cost for taking part and people will be compensated for their participation. During the inpatient stay, participants will receive medical detoxification if necessary, and will also receive alcoholism treatment including group, individual, and family therapy. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.clinicaltrials.gov Protocol # 09-AA-0136

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puzzles lookout

Horoscope

CANCER (June 21-July 22) One by one you'll address the issues that need to be addressed, and others will pay attention because you're taking the lead.

LEO (July 23-Aug. 22) Someone may be waiting for you to do what no one else is willing or able to do at this time. You may have the guts to give it a try.

VIRGO (Aug. 23-Sept. 22) You'll want to see things from every possible perspective, but in the end you must be willing to put your personal stamp on things.

LIBRA (Sept. 23-Oct. 22) You may think you know what's going on with a friend or loved one, but the truth is that your knowledge only just scratches the surface.

SCORPIO (Oct. 23-Nov. 21) When you put yourself in the running, you must be ready and willing to face a certain amount of critical scrutiny.

SAGITTARIUS (Nov. 22-Dec. 21) It's no time to be wishy-washy with a friend who has come to you for advice or, perhaps, hands-on assistance. Take a strong stand.

CAPRICORN (Dec. 22-Jan. 19) You may be hearing bits and pieces of a rumor that is making its way here and there — and your curiosity will surely be piqued.

AQUARIUS (Jan. 20-Feb. 18) A Sagittarian may come to you with a proposal that is too good to be true. What is at play here, really, is that you may be incompatible.

PISCES (Feb. 19-March 20) Focus on that which gives back; you're in no mood to be generous without receiving some kind of recognition or reward.

ARIES (March 21-April 19) Whether a key issue is universal or limited in scope, your efforts will surely make a big difference to a lot of people.

TAURUS (April 20-May 20) You can give as good as you get — and then some. Now is no time to sit back and let others have their way with you.

GEMINI (May 21-June 20) Where logic fails you, common sense will surely reign — and you have common sense in spades. You can help a friend address a problem.

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 220

A ₁	E ₁	Y ₄	T ₁	N ₁	M ₃	S ₁

Triple Word Score

--

 RACK 1

E ₁	I ₁	O ₁	U ₁	P ₃	D ₂	M ₃

--

 RACK 2

A ₁	I ₁	O ₁	N ₁	S ₁	F ₄	H ₄

--

 RACK 3

A ₁	E ₁	U ₁	T ₁	S ₁	L ₁	P ₃

2nd Letter Double

--

 RACK 4

Yesterday's Solution

V ₄	A ₁	N ₁	T ₁	A ₁	G ₂	E ₁
A ₁	R ₁	R ₁	A ₁	I ₁	G ₂	N ₁
G ₂	A ₁	T ₁	H ₄	E ₁	R ₁	
A ₁	N ₁	A ₁	L ₁	Y ₄	Z ₁₀	E ₁

 PAR SCORE 145-155
 RACK 1 = 61
 RACK 2 = 58
 RACK 3 = 14
 RACK 4 = 107
 TOTAL 240

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

				8		6	3
		1		9			8
				7			1
		5				2	
1		6		2		5	9
	4					6	
3				6			
7				5		9	
4	5		9				

Yesterday's Solution

6	4	3	8	1	2	9	7	5
2	5	1	3	9	7	8	4	6
8	9	7	6	5	4	2	1	3
4	3	8	5	6	9	1	2	7
9	7	2	1	4	3	5	6	8
5	1	6	7	2	8	4	3	9
7	8	9	2	3	1	6	5	4
1	6	4	9	7	5	3	8	2
3	2	5	4	8	6	7	9	1

Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

88 | 72

Today: A thunderstorm this afternoon; warm and humid. A thunderstorm tonight.

94 | 75

Tomorrow: A shower or thunderstorm tomorrow and tomorrow night.

Looking Ahead

THU	FRI	SAT
92 73	91 69	85 69

Sun and Moon

Sunrise today: 5:43 a.m.
 Sunset today: 8:37 p.m.
 Moonrise today: none
 Moonset today: 11:37 a.m.

Almanac

Normal high: 85
 Record high: 99
 Normal low: 66
 Record low: 54

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lookout puzzles

Crossword

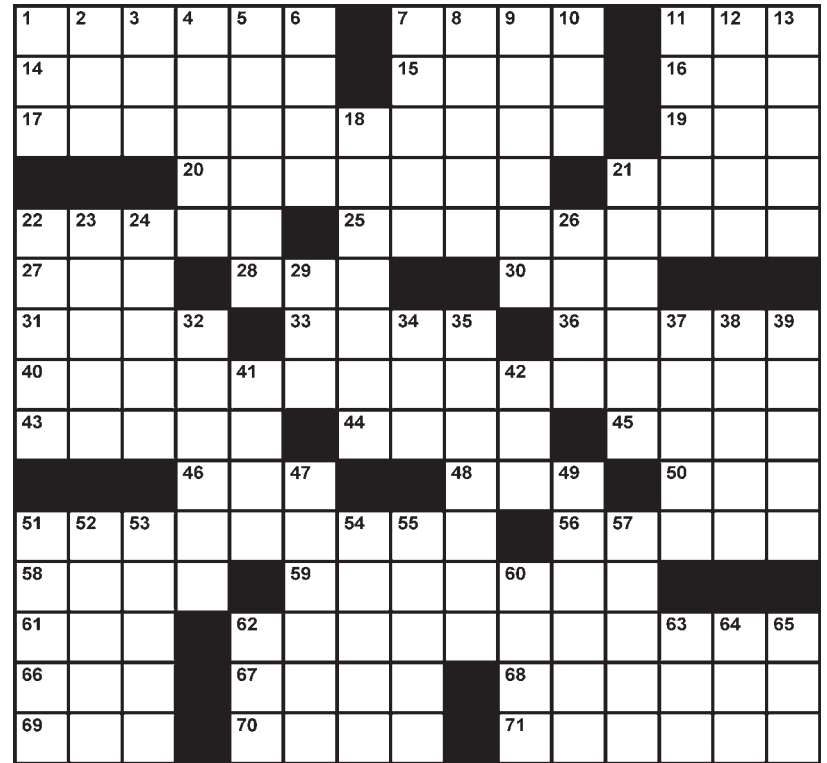
JOINT EFFORT

ACROSS

- 1 Tough to figure out
7 Therefore, to Descartes
11 Pontiff's wear
14 ____ Mae (college money provider)
15 "Mighty Aphrodite" star Sorvino
16 ____ Rockaway, Queens
17 Hilarious joke
19 Lennon's bride
20 Lieutenant Dan, by the end of "Forrest Gump"
21 Speckle-coated horse
22 "Goosebumps" series author
25 Man-made
27 Have as a subsidiary
28 "____ the season to be jolly ..."
30 Risk damnation
31 French fashion designer Chanel
33 Truth stretcher
36 Standards
40 Threatening "meal"
43 Kinda
44 Leg part below the knee
45 Cape Canaveral cancellation
46 ____ carte
48 ____ classical (Stravinsky's genre)
50 Pekoe, for one
51 Army uniform color
56 Underdog's victory
58 Breathing abnormality
59 Where baseball teams sit
61 VI halved
62 Strong effort in cleaning
66 Stretch of history
67 Swerve off-course
68 Bush and Ingalls Wilder
69 Something you might trip on
70 "Giant" writer Ferber
71 Set back from the margin

DOWN

- 1 Sound uttered while shaking the head
2 Served as manager of
3 Suffix with "infant" or



EDITED BY TIMOTHY E. PARKER

"percent"

- 4 Weaponless at a pat-down
5 Destiny
6 Sound from a kennel
7 Worthless, as threats
8 Mature, as a mango
9 Rolls out the red carpet
10 It sticks out of a rowboat
11 In progress
12 Hawaiian veranda or island
13 Rodeo beast
18 Down Under bunch
21 Prominence
22 Darned things
23 Certain bridge call (with "trump")
24 Rack up, as debt
26 Kind of sight?

- 29 Feeling poorly
32 Musical range
34 Bonfire remnant
35 Sign for Noah
37 Unruly demonstrations
38 Fibber ____ of classic radio
39 Young hog
41 Leafy veggie
42 San Jose-to-Sacramento dir.
47 Scatterbrained
49 Beat to the tape
51 Projecting window design
52 Places to hibernate
53 24-book Greek epic
54 "American Idol" winner Studdard
55 Ancient market
57 Prefix meaning "false"

- 60 Large tangelo
62 The apple of Adam's eye
63 "Ready when you ____!"
64 Start for Bernardino or Remo
65 Superlative ending

Yesterday's Solution



Today in History

1788 The U.S. Constitution goes into effect as New Hampshire becomes the ninth state to ratify it.

1981 Five members of a climbing party fall to their deaths while scaling Mount Hood in Oregon.

1982 A jury in Washington, D.C., finds John Hinckley Jr. not guilty by reason of insanity in the shootings of President Ronald Reagan and three other men.

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people **lookout**
RECOVERING
Something on Twitter Not About Anthony Weiner!

Singer Sean Kingston says he's feeling better almost a month after crashing his watercraft into a Miami Beach bridge. On his Twitter page Monday, Kingston posted a message to his fans. He wrote: "Feeling alot better! GOD IS GREAT! Thanks for all the prayers and support! Love you ALL!" His publicist says Kingston's condition has been upgraded to fair. (AP)

CONFUSION
'I Forgot to Brush Up on My Hebrew' Not a Valid Excuse


Bob Dylan played a much-awaited concert in Tel Aviv, Israel, Monday, reprising his famous hits but disappointing fans by not addressing them and refusing to perform encores. The concert was Dylan's third in Israel, following previous gigs in 1987 and 1993. Attendee Yosef Speizer said Dylan's apparent detachment was bizarre. "The whole thing was strange," he said. (AP)

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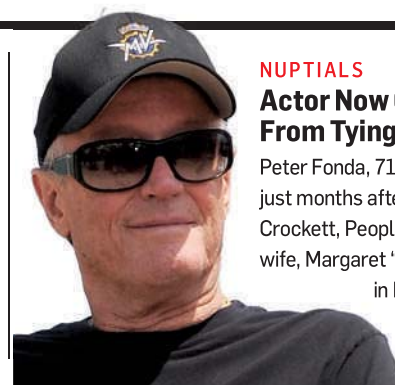
Paris Hilton, left, closes her eyes and tries to imagine Cy Waits, right, as someone exponentially more famous. It doesn't work.

NERD NAMES
'It's Short For Cyrus? We're Over.'

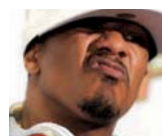
Paris Hilton is single again after a breakup with Cy Waits, her boyfriend of about a year. "They are broken up," one friend told Usmagazine.com, of Hilton and Vegas club owner Waits. "It's sad; she cares about him a lot and thinks he's a great guy, but they really hit a rough patch." The source added that the split was amicable. (EXPRESS)

Unions
Age Is Not Just a Number

Actor Doug Hutchison, 51, married aspiring 16-year-old singer Courtney Stodden in May. "They are very much in love, and we are so supportive of this," Stodden's mother, Krista, told Radaronline.com. (EXPRESS)


NUPTIALS
Actor Now Only Two Marriages Away From Tying Father's Spouse Count

Peter Fonda, 71, married for the third time Sunday, just months after finalizing his divorce from Portia Crockett, People.com reports. The actor and his new wife, Margaret "Parky" DeVogelaere, 57, tied the knot in Hawaii. This is the third marriage for Fonda, whose father, Henry Fonda, was married five times. (EXPRESS)



"She really knows what being a woman is about now. This whole journey has been eye-opening, she'll tell you that."

— NICK CANNON, ON HIS WIFE, MARIAH CAREY, WHO GAVE BIRTH TO TWINS — THE COUPLE'S FIRST CHILDREN — IN APRIL, IN AN INTERVIEW WITH PEOPLE MAGAZINE.

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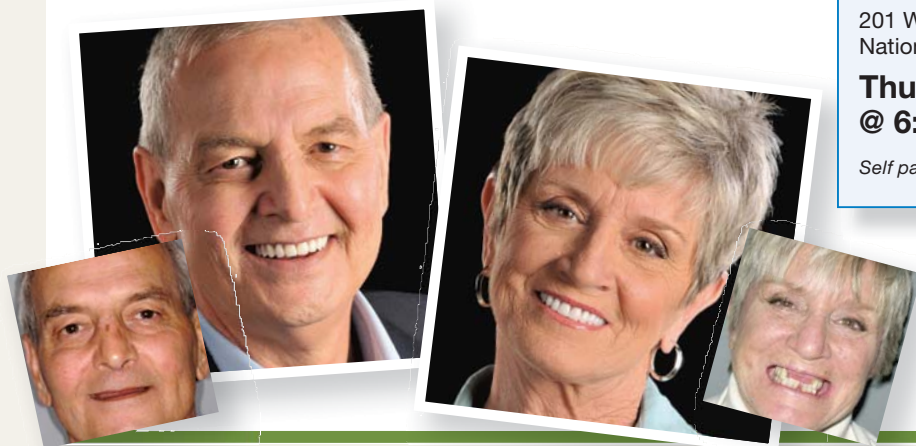
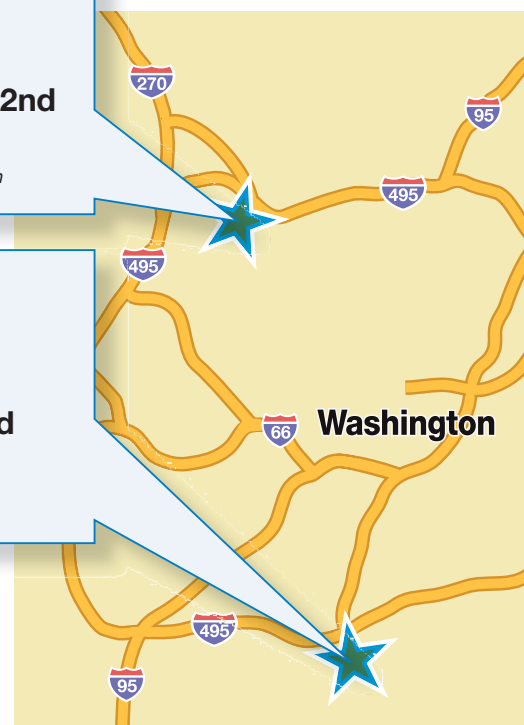
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